

# WEEKLY

Featuring content from the  
channels of CHI St. Vincent

onespirit  
COMMUNICATION

February 19, 2018

**FEATURED PIC:** Holy Souls fourth grade students made more than 400 Valentine's Day cards for patients admitted on Valentine's Day. Volunteer Kimberly Marchant hands out one of the cards to patient James Malone.

## Find more online!

Visit [onespiritblog.com](http://onespiritblog.com) for  
coworker stories & photos.

## Must-Know

### Citrix Upgrade Trainings Scheduled to Begin Monday

Desktops and laptops with Citrix Receiver or Citrix Online Plug-in will be upgraded in the upcoming weeks. Citrix users should prepare for the upgrade by visiting the Citrix Receiver kiosk on their campuses. Training dates listed on [onespiritblog.com](http://onespiritblog.com). What's Changing? For most users, when you log in you will see your new Favorites page, or your most-used Citrix applications.



### OTHER HEADLINES:

### Celebrate Heart Month, LVAD Certification on Feb. 28 at the Infirmary

## Well-Being

### Health Is The Real Wealth: Nutrition Webinar

Wellness Webinars are a fun way to learn about a range of well-being topics! Explore several myths, or long-held beliefs, about nutrition. This webinar teaches you to make better decisions about what to eat and drink based on real, demonstrable information. You can earn \$25 per Webinar completed. These 15-20 minute online videos can be viewed at your convenience.

### WELL-BEING WEDNESDAY

The last Wednesday of every month is Well-being Wednesday. Come see our Well-being Team on this day at lunch outside the cafe!

### OTHER HEADLINES:

### Earn an Easy \$25 Wellness Dollars by Volunteering in Your Community

## Facetime

### Dana Hayes Named Director of Clinical Informatics



Dana began her career working as an RN in the Labor / Delivery Unit of the Infirmary in 2003. In 2013, she joined the Clinical Informatics Team as an RN Clinical Analyst. Dana has served as the Interim Director since October 2017.



### OTHER HEADLINES:

### A Little Awareness Goes a Long Way: Little Hats, Big Hearts

## Events

### COWORKER PERKS

#### Show Your St. Vincent Pride

Shop now at [chistvincentpopup.com](http://chistvincentpopup.com)

**All orders must be placed by Feb. 28!**

### VOLUNTEER OPPORTUNITIES

#### Little Rock Marathon Expo Booth

**Dates:** March 2 | 10am-8pm & March 3 | 10am-6pm  
*Volunteers are asked to work 3-hours shifts*

**Location:** Statehouse Convention Center  
101 E Markham St., Little Rock

**Task:** Blood Pressure Checks

**Contact:** Heather Gulley, 501.255.6336

## Social Highlight

We appreciate all likes (and especially shares) for Facebook posts. Help continue to get the word out about our ministry.



**Share:** Content for OneSpirit, including blog and photos can be submitted to: [webmaster@stvincenthealth.com](mailto:webmaster@stvincenthealth.com)

# Show your St. Vincent Pride!

Shop now at [chistvincentpopup.com](http://chistvincentpopup.com)



**Zip Pullover** \$18

**Silk Polo** \$17

**Puffy Vest** \$36

**Cap** \$10

*Women's & Men's sizes available. (Sizes larger than XL cost more)*

## **Orders must be placed by Feb. 28!**

*Orders will arrive in April.*

# Coming in March:

## New Insider and Policy Platform

*Making it easier to get the info you need!*  
*More details coming soon!*